



music as therapy
international

Registered Charity No: 1070760



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Growing Together in 2018





Alexia Quin
Director

10 years ago, when the charity was beginning to extend its reach beyond our original focus in Romania, someone suggested I think about our team as people on a bus: Who is on the bus? Are the right people on the bus? Who should get on the bus next? As we entered 2018 and continued to develop as an organisation, reflecting on our 'bus passengers' and recruiting some new ones was a significant preoccupation for me. This sees us now with two new team members and me returning to a much more hands-on role within our projects.

It is with great pride that I look back on the past twelve months and see that we have both strengthened how we operate and achieved the impressive project delivery we planned.

The achievement I'm most proud of:

I've loved being directly involved in our projects again: Meeting our dedicated and experienced partners in Georgia in the Spring, working with our partners in Rwanda to provide the support they needed to run their music programmes and share their skills with others, learning why music is important in the care system from our partners across the UK and how to create room for it... I could go on!

Looking forward to 2019:

I'm so proud of my brilliant team and grateful to all our volunteers and contributors to projects. I'm really looking forward to working with them all again in the coming year and growing together. We have so many people waiting for us to help them introduce or develop the ways they use music to add meaning to the care and support they provide to children and adults at risk of isolation due to disability, illness or trauma.

My favourite quote:

“ I liked the noise of it! ”

Participating child, UK

A special thanks to:

- Saphia Abou-Amer (Occupied Palestinian Territories)
- Hannah Berhanu (Ethiopia)
- Lily Blows-Paliwoda (Ethiopia)
- Nina Cherla (India)
- Magda Pata (Romania and Occupied Palestinian Territories)
- Hannah Hulin (Ethiopia)
- Gillian O'Dempsey (UK)
- Simon Riley (External Examiner)
- Monika Szabo (Romania)
- Fabienne van Eck (Occupied Palestinian Territories)
- Our Advisory Panel and Trustees
- Our Local Partners in the UK and overseas, who keep the music going from day to day.

Thanks to all these people we have many new stories from the 27 projects in 157 different care settings we have delivered this year. Hearing how local staff have been using music to add meaning to the lives of thousands of vulnerable children and adults worldwide, with the help of everyone who delivers our projects or contributes behind the scenes, never ceases to inspire me. Onwards and upwards!

Alexia Quin



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Our Work Overseas in 2018

9,981

**Vulnerable
People
Reached**

261

**Staff Trained
or Supported**

15

**Projects
Delivered**





Makeda Mitchell **Team Assistant**

I'm into my first year of working at *Music as Therapy International* in the new role of Team Assistant. It has been really exciting learning what my role entails and working closely with such an amazing team to figure out how I can be their extra helping hand.

So far, I have been enjoying the experience of working across all aspects of the charity; including working alongside Shannon with administration, Richard with fundraising, Alexia with international projects and supporting Freya with UK projects. As well as noticing that I am contributing to the growth of the charity, I have also been growing, both professionally and personally too.

The achievement I'm most proud of:

The achievement I am most proud of is sending a team to deliver our first ever Introductory Training project in Ethiopia across 3 care settings. It gave me a chance to use the Project Coordination Cycle I devised, which helps inform how we go about the planning and launching of all our projects, identifying which steps are needed and makes it easier to track their progress.

Looking forward to 2019:

Following up with the international projects that have taken place this year and seeing the progress that will be made by our Local Partners makes 2019 intriguing to go in to.

I am also thrilled by the prospect of supporting Richard with fundraising and engaging more with our community fundraisers and regular donors.

My favourite quote:

“ **Music is like our medicine.** ”

Service user
Hospice Ethiopia care setting, Ethiopia

Key International Projects for 2018:

- **Romania:** Distance Learning Programme, Local Partner Support (incl. Musical Instrument Fund)
- **Georgia:** Local Support Visit for our Local Partners' use of music and Locally-led Training
- **India:** Support for our Local Partners' use of music
- **Rwanda:** Locally-led Training (incl. Support for Local Partners, Hope and Homes for Children Follow-up Visit, Local Partner Support and Support for Trainers)
- **Ethiopia:** Introductory Training Field Project
- **Occupied Palestinian Territories:** Blended Learning Programme and Evaluation

Assisting with all the above projects has been absolutely fantastic. I would like to thank all *Music as Therapy International* participants who made all the projects a reality and a huge thank you to all our supporters for encouraging us to continue fulfilling our vision of making the unique benefits of music available to vulnerable and marginalised people.



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Our Work at Home in 2018



9

Projects
Delivered

46

Staff
Trained or
Supported

34

Care
Settings
Reached

13,986

Vulnerable
People
Reached



Freya Gibbs **UK Programme Assistant**

I started working at the charity in February and now, 10 months in, I feel fully adapted to its core values and way of working: being Partner-led and promoting sustainable practice.

Since the UK programme was formalised only last year, it has been incredibly interesting working on the programme in its early stages. I have been able to contribute widely, from fundraising and project coordination, to researching relevant health and social care policy.

Alongside the delivery of our structured Interactive Music-Making course for Early Years practitioners, this year we've had a real focus on developing sustainability for existing UK Partners. We ran CPD events and delivered support visits, during which we canvassed and

assessed their needs so we can tailor our support for them in future.

I am excited to see the UK programme continue to build momentum - and to see the power of music reaching as many vulnerable people as possible here in the UK.

The achievement I'm most proud of:

I'm most proud of coordinating our Sustainability Visits, and producing a comprehensive report using the evidence we collected. It has given me a real grasp of the challenges faced by our UK Partners, as well as the incredible impact of our projects. The findings will undoubtedly also play a key role in strengthening our UK programme for future activities.

My favourite quote:

“ The children started interacting, playing with each other. They know each others' names. They started talking to each other and asking questions. The children became friends. ”

Interactive Music-Making Student, UK

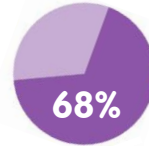
Looking forward to 2019:

I am really looking forward to delivering a project from scratch and overseeing the process from start to finish. We have up to four new projects in the pipeline for next year, which will all benefit from our sustainability learning.

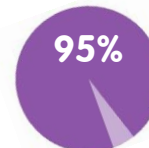
Key learnings from the 2018 Sustainability Programme Report:



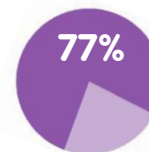
of staff said their confidence has increased



of staff saw a reduction in service users' anxiety levels



of staff had seen improvement in service users' non-verbal communication



of staff saw improved relationships during music groups

Freya Gibbs



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Behind the Scenes in 2018



99.9%
GDPR Opt-in
Rate

327
New Supporters
Added to our
Database

12
Policies
Reviewed &
Strengthened



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THE LAW IS CHANGING

get
data
protection
ready

Your support is important to us, and we'd like to be able to keep in touch with charity updates and information.

Due to changes to the law coming into effect on 25th May 2018, we need you to complete the form overleaf, so we can make sure we stay in touch in the ways that work best for you.



If we don't
hear from you,
we may not be
able to keep in
touch

Please complete the form overleaf and return it to us in the prepaid envelope enclosed. We look forward to keeping you up to date with everything you help us to achieve.

PLEASE TURN OVER

Your
You c
change your preferences or opt out of communications at any time using our online form (at www.musicastherapy.org) or by writing to us at: Music as Therapy International, Mowll Street Business Centre, 11 Mowll Street, London SW9 6BG.
If you have any questions or would like more information email info@musicastherapy.org, or visit www.musicastherapy.org



Shannon Perkins Carr **Administration & Compliance Officer**

I've now been at *Music as Therapy International* for over five years. I started off as the Administrator, and a few years ago took on the added role of Compliance Officer, ensuring our policies and procedures are up to date and sufficient.

I love how varied my role is, taking in everything from processing donations to ensuring our pension plan is in line with current regulations. It's always great to see how efficiency in these types of day-to-day tasks is vital in underpinning smooth and effective project delivery so our activities are as impactful as possible.

The achievement I'm most proud of:

I'm really proud of my work on our new database. It enables us to better track our donors, which means we spend less time searching for information on donations and pulling out mailing lists (like this one!), allowing us to spend more time nurturing our relationships with our amazing supporters.

As an example, the database was instrumental in getting us GDPR-ready by the May 25th deadline, which saw a fantastic response with 99% of respondents opting in for more updates and information.

My favourite quote:

“Previously, I did not understand what the children's needs were. Why do they behave like this? I learned that each child has a personality, energy and strengths that I should find out and things will get easier then. Thank you for the education and guidance you provided.”

Student Feedback,
Blended Learning Programme,
Occupied Palestinian Territories

Looking forward to 2019:

While working at *Music as Therapy International* has been a fabulous experience that I'm most grateful for, I've made the decision to return to Canada next year, where I intend to continue working as a music therapist and administrator.

With my departure in mind, I have been working on an "Admin Bible" (a handbook recording all our office processes and procedures) to ensure the handover is a smooth one. I look forward to helping recruit a new team member who loves spreadsheets as much as I do!

I'd like to say thank you to all my colleagues for making the past 5 years such a fabulous experience! And of course, thank you to all our donors, whose generosity keeps the charity running. I know the charity will continue to do great things in the future and I look forward to hearing all about it!

A handwritten signature in black ink, appearing to read "Shannon Perkins Carr".



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Your Support in 2018





Richard James Fundraiser

This marks my third year fundraising for *Music as Therapy International*. During my time I've seen the charity grow, adapt and strengthen in countless ways and it's been a genuine pleasure to be part of a collaborative, supportive team led by truly inspirational leadership.

This year has been hugely successful for our fundraising efforts. Not only have we secured funding for all of our projects, but more importantly I am more confident than ever in our fundraising strategy, which has meant a far higher success rate with funding applications and a secure and reliable source of income from major donors.

The achievement I'm most proud of:

Our #MusicCan campaign – the charity's first ever – was easily my highlight of the year. Seeing Local Partners from all round the world share their photos and messages perfectly demonstrated the belief in the power of music that is so fundamental to everything we do.

Looking forward to 2019:

Thanks to support from trusts and foundations, and the incredible commitment of all of our donors and charity Ambassadors, we're in a fantastic position going into 2019. Knowing we can count on so many individuals and organisations who understand and believe in our work gives me a great sense of optimism.

My favourite quote:

“ I have learned to wait, to leave space, to not hurry, to observe more closely, to look at the strengths of the children, and to enter into their worlds. ”

Local Partner
Distance Learning Programme, Romania

A special thanks to:

- Bryan Guinness Charitable Trust
- Capital Group
- The Casey Trust
- Downe House School
- The Fitton Trust
- The Foyle Foundation
- Fresh Leaf Charitable Foundation
- Gordon Fraser Charitable Trust
- Hazlegrove Preparatory School
- nSpireMe
- Third Ear
- The Wates Foundation

I am consistently taken aback by the creativity, commitment and generosity shown by so many of our supporters, so I'd also like to extend a huge thank you to all of our charity Ambassadors, regular donors and community fundraisers on whom we continue to rely.

Over
£8
raised for
every £1
spent

25%
increase in
regular
giving



INCOME

	2017 GBP	2016 GBP
MasT International (Unrestricted) ¹	78,602.92	108,720.76
Projects in Romania	356.23	1,658.46
Projects in Georgia	1,000.00	2,200.00
Projects in the United Kingdom	31,090.00	1,265.00
Projects in Rwanda	740.00	2,240.00
Projects in the Occupied Palestinian Territories	4,000.00	0.00
Projects in India	0.00	1,000.00
Total Income for period	115,789.15	117,084.22

EXPENDITURE

	2017 GBP	2016 GBP
MasT International ²	35,911.84	40,546.95
Fundraising	13,492.56	8,609.88
Projects in Romania	9,829.94	9,634.44
Projects in Georgia	704.76	5,094.66
Projects in the United Kingdom	32,726.30	19,517.73
Projects in Rwanda	23,699.60	9,432.50
Projects in the Occupied Palestinian Territories	4,532.69	2,650.98
Projects in India	580.97	2,472.03
Other International	7,932.73	3,787.23
Total Expenditure for period	129,411.39	101,746.40

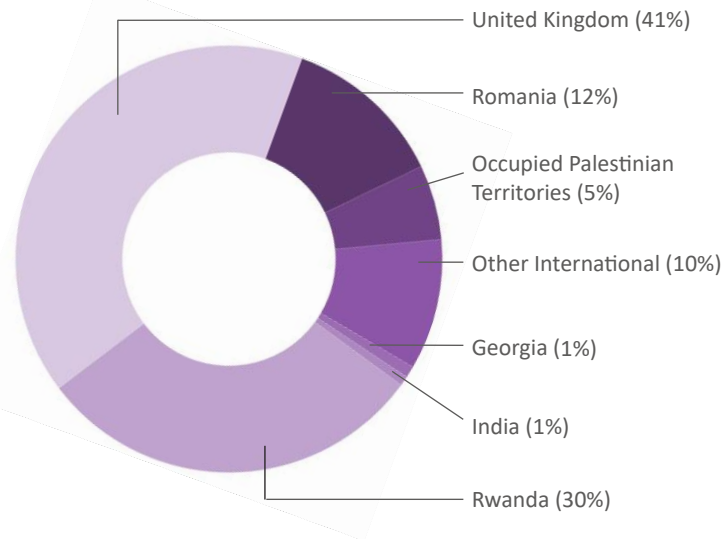
Gain/Loss

-13,622.24 15,337.82

¹The MasT International income represents unrestricted donations received by the charity

²The MasT International expenditure represents core and whole organisational strategic costs combined

Direct Costs by Country



Title: ☐ Mr ☐ Mrs ☐ Ms ☐ Miss ☐ Other _____

Name(s) of Account Holder(s): _____

Address: _____

Postcode: _____

☐ I would like to make a **regular** direct debit donation of £ _____

☐ Quarterly ☐ Monthly ☐ Annually (Please tick)

Commencing on 01/___/___ or 15/___/___ (please fill in month and year)

Bank Account Information

Name of Bank/Building Society: _____

Address of Bank/Building Society: _____

Postcode: _____

Branch sort code: ___ / ___ / ___ Account number: _____

Signature: _____ Date: _____

☐ *giftaid it* I would like *Music as Therapy International* to reclaim tax on my donations and I pay an amount of income tax or capital gains tax equal to the tax reclaimed on my donation (25p in every £1).

Please send your completed form to:

Music as Therapy International, Mowll Street Business Centre, 11 Mowll Street, London SW9 6BG

You can also donate online at www.musicastherapy.org

www.musicasterapy.org



musicasterapy

Music as Therapy International
Mowll Street Business Centre
11 Mowll Street, London, SW9 6BG
+ 44 (0) 207 7735 3231

Director: Alexia Quin

Trustees: Jo Ashby, Judy Digney, John Ellis, Kevin Huttly, The Reverend Patsy Kettle,
Lady Katya Lester, Dr Hannah Reid, Jane Robbie